

121 NEW CONSTRUCTION STANDARDS

The following requirements must be met:(3-17-22)

01.Plans, Specifications, and Inspections. New facility construction or any addition, conversion, or renovation of an existing facility is governed by the following rules:(3-17-22)

a.Prior to commencing work pertaining to construction of new buildings, any additions, structural changes to existing facilities, or conversion of buildings to be used as a facility, plans and specifications must be submitted to, and approved by, the Department to assure compliance with the applicable construction standards, codes, rules, and regulations.(3-17-22)

b.The plans and specifications must be prepared by, or executed under, the immediate supervision of a licensed architect registered in the state of Idaho. The employment of an architect may be waived by the Department in certain minor alterations.(3-17-22)

c.Preliminary plans must be submitted and include at least the following:(3-17-22)

i.The assignment of all spaces, size of areas and rooms, and indicated in outline the fixed and movable equipment and furniture.(3-17-22)

ii.The plans are drawn at a scale sufficiently large to clearly present the proposed design, but not less than a scale of one-eighth inch ($\frac{1}{8}$?) equals one foot (1?).(3-17-22)

iii.The drawings include a plan for each floor, including the basement or ground floor with approach or site plan, showing roads, parking areas, sidewalks, etc.(3-17-22)

iv.The total floor area and number of beds are computed and noted on the drawings.(3-17-22)

v.Outline specifications provide a general description of the construction, including interior finishes, acoustical material, its extent and type and heating, electrical, and ventilation systems.(3-17-22)

d.Before commencing construction, the working drawings must be developed in close cooperation with, and approved by, the Department and other appropriate agencies with the following.(3-17-22)

i.Working drawings and specifications are prepared so that clear, distinct prints may be obtained, accurately dimensioned, and include all necessary explanatory notes, schedules, legends, and stamped with the licensed architect's seal.(3-17-22)

ii.Working drawings are complete and adequate for contract purposes. Separate drawings are prepared for each of the following branches of work: architectural, mechanical and electrical.(3-17-22)

e. Prior to occupancy, the facility must be inspected and approved by the licensing agency. The agency will be notified at least two (2) weeks prior to completion in order to schedule a final inspection.(3-17-22)

02. Codes and Standards. New construction features must be in accordance with applicable local, state, national standards, codes, and regulations in effect at the time of the construction, addition, remodeling, or renovation.(3-17-22)

a. In the event of a conflict of requirements between codes, the most restrictive applies.(3-17-22)

b. Compliance with the applicable provisions of the following codes and standards must be required by, and reviewed for, by this agency:(3-17-22)

i. American National Standard Specifications for Making Buildings and Facilities Accessible to and Usable by Physically Handicapped People (ANSI A117.1).(3-17-22)

Section 121 Page 17

ii. Idaho Department of Health and Welfare Rules, IDAPA 16.02.19, ?Idaho Food Code.?(3-17-22)

03. Site Requirements. The location of all new facilities or conversion of existing buildings is controlled by the following criteria:(3-17-22)

a. That it is adjacent to an all-weather road(s).(3-17-22)

b. That it is accessible to physician's services and medical facilities.(3-17-22)

c. That it is accessible to public utilities.(3-17-22)

d. That it is in a lawfully constituted fire district.(3-17-22)

e. That each facility has parking spaces to satisfy the minimum needs of residents, employees, staff, and visitors. In the absence of a local requirement, each facility provides not less than one (1) space for each day shift staff member and employee, plus one (1) space for each five (5) resident beds. This ratio may be reduced in areas convenient to a public transportation system or to public parking facilities provided that approval of any reduction is obtained from the appropriate state agency. Space must be provided for emergency and delivery vehicles.(3-17-22)

04. Resident Care Unit. Each resident care unit must be in compliance with the following: (3-17-22)

a. That the number of beds in a unit does not exceed sixty (60);(3-17-22)

b. That at least eighty percent (80%) of the beds are located in rooms designed for one (1) or two (2) residents;(3-17-22)

c. That at least one (1) room in each facility is available for single occupancy for isolation of disease, for privacy in personality conflict, or disruptive resident situations. Each isolation room meets the following requirements:(3-17-22)

i. All features of regular resident rooms, as described in Subsection 121.05.d.;(3-17-22)

- ii. Supply an entry area that is adequate for gowning;(3-17-22)
- iii. Supply a handwashing lavatory in or directly adjacent to the resident room entry;(3-17-22)
- iv. Provide a private toilet;(3-17-22)
- v. Have finishes easily cleanable; and(3-17-22)
- vi. Not be carpeted;(3-17-22)
- d. That each resident room meets the following requirements:(3-17-22)
 - i. Minimum room area, exclusive of toilet rooms, closets, lockers, wardrobes, alcoves, or vestibules is one hundred (100) square feet in single-bed rooms and eighty (80) square feet in multiple bed rooms per resident;(3-17-22)
 - ii. Beds in all rooms are placed so that they are three (3) feet apart, two (2) feet away from the side wall parallel with beds, and three (3) feet, six (6) inches from the end of the bed to the opposite wall, or other obstructions;(3-17-22)
 - iii. A lavatory is provided in each resident room. The lavatory may be omitted from a single-bed or two (2) bed room when a lavatory is located in an adjoining toilet room that serves that room only;(3-17-22)
 - iv. Each resident has access to a toilet room without entering the general corridor area. One (1) toilet room serves no more than four (4) beds, and no more than two (2) resident rooms. The toilet room contains a water

Section 121 Page 18

- closet and a lavatory. The lavatory may be omitted from a toilet room if each resident room served by that toilet room contains a lavatory;(3-17-22)
- v. Each resident is provided, within the room, a wardrobe, locker, or closet with a minimum of four (4) square feet. Common closets are not permitted. An adjustable clothes rod and adjustable shelf is provided;(3-17-22)
- vi. Each resident room cannot be located more than one hundred twenty (120) feet from the soiled workroom or the soiled holding room;(3-17-22)
- vii. Each room has a window that can be opened without the use of tools. The window sill must not be higher than three (3) feet above the floor and needs to be above grade. The window is at least one-eighth (1/8) of the floor area and provided with shades or drapes;(3-17-22)
- viii. Cubicle curtains of fire retardant material, capable of enclosing the bed is provided in multiple-bed rooms to insure privacy for the residents. Alternatives to this arrangement may be allowed if the alternative provides the same assurance of privacy;(3-17-22)
- ix. Mirror(s) are arranged for convenient use by residents in wheelchairs, as well as by residents in standing position;(3-17-22)

x.A staff calling system is installed at each resident bed and in each resident toilet, bath, and shower room. The staff call in the toilet, bath, and shower room is an emergency call. All calls register at the staff station and activate a visible signal in the corridor at the resident's door. The emergency call system is designed so that a signal light activated at the resident's station will remain lit until turned off at the resident's calling station;(3-17-22)

xi.All resident rooms are visible to a staffed nurse's station;(3-17-22)

xii.Each resident room is an outside room;(3-17-22)

xiii.Residents cannot be cared for or housed in any attic story, trailer house, or in any room other than an approved resident room;(3-17-22)

xv.Ceiling heights in resident rooms are a minimum of eight (8) feet;(3-17-22)

xvi.No room can be used for a resident room that can only be reached by passing through another resident room, utility room or any other room. All resident rooms have direct access to an exit corridor;(3-17-22)

xvii.Resident rooms do not open into any room in which food is prepared, served, or stored; and(3-17-22)

xviii.All resident rooms are numbered. All other rooms are numbered or identified as to purpose.(3-17-22)

e.Service Areas. That the following service areas are located in, or readily available to, each resident care unit. The size and disposition of each service will depend upon the number and types of beds to be served. Although identifiable spaces are required to be provided for each of the indicated functions, consideration will be given to design solutions that would accommodate some functions without specific designation of areas or rooms. Details of such proposals are submitted for prior approval. Each service area may be arranged and located to serve more than one (1) resident care unit, but at least (1) such service area is provided on each resident floor and as follows;(3-17-22)

i.Staff station with space for charting and storage for administrative supplies convenient to handwashing facilities;(3-17-22)

Section 121 Page 19

ii.Lounge and toilet room(s) for staff (toilet room may be unisex);(3-17-22)

iii.Individual closets or compartments for the safekeeping of coats and personal effects of personnel located close to the duty station of personnel or in a central location;(3-17-22)

iv.Clean workroom or clean holding room. If the room is used for work, that it contains a counter and handwashing facilities. When the room is used only for storage as part of a system for distributing clean and sterile supplies, the work counter and handwashing facilities may be omitted;(3-17-22)

v.A soiled workroom contains a clinical sink or equivalent flushing rim fixture sink for handwashing, work counter, waste receptacle, and soiled linen receptacle. When the room is used only for temporary holding of soiled materials, the work counter may be omitted;(3-17-22)

vi.Drug distribution station. Provisions are made for secure, convenient, and prompt twenty-four (24) hour availability of medicine to residents. A secure medicine preparation area is available and under the nursing staff's visual control and contains a work counter, refrigerator, and locked storage for controlled drugs, and has a minimum area of fifty (50) square feet. A medicine dispensing unit may be located at the nurse's station, in the clean workroom, or in an alcove or other space convenient to staff for staff control;(3-17-22)

vii.Clean linen storage. A separate closet or a designated area within the clean workroom is provided. If a closed cart system is used, storage may be in an alcove;(3-17-22)

viii.Nourishment station. The station contains a sink equipped for handwashing, equipment for serving nourishment between scheduled meals, refrigerator, and storage cabinets. Ice for residents' service and treatment is provided only by icemaker-dispenser units;(3-17-22)

ix.Equipment storage room(s). Room(s) is available for storage of equipment such as I.V. stands, inhalators, air mattresses, and walkers;(3-17-22)

x.Resident bathing facilities. A minimum of one (1) bathtub or shower is provided for each ten (10) beds not otherwise served by bathing facilities at resident rooms. Residents have access to at least one (1) bathtub in each nursing unit. Each tub or shower is in an individual room or enclosure that provides space for private use of the bathing fixture, for drying and dressing, and for a wheelchair and attendant. At least one (1) shower in each central bathing facility has a minimum of four (4) feet square without curbs and designed for use by a wheelchair. (3-17-22)

f.Resident Toilet Facilities. That each resident toilet room meets the following criteria:(3-17-22)

i.The minimum dimensions of a room containing only a water closet is three (3) feet by six (6) feet. Additional space is provided if a lavatory is located within the same room. Water closets are accessible for use by wheelchair residents.(3-17-22)

ii. At least one (1) room on each floor is appropriate for toilet training. It is accessible from the corridor. A clearance of three (3) feet is provided at the front and at each side of the water closet and the room contains a lavatory. (3-17-22)

iii. A toilet room is accessible to each central bathing area without having to go through the general corridor. This may be arranged to serve as the required toilet training facility. (3-17-22)

g. Sterilizing Facilities. That a system for the sterilization of equipment and supplies is provided. (3-17-22)

a. Area Requirement. The total area set aside for these purposes is at least thirty (30) square feet per bed with a minimum, total area of at least two hundred twenty-five (225) square feet. For facilities with more than

Section 121 Page 20

one hundred (100) beds, the minimum area may be reduced to twenty-five (25) square feet per bed. If day care programs are offered, additional space is provided as needed to accommodate for day care residents needing naps or for dining and activities. (3-17-22)

b. Storage. Storage space is provided for recreational equipment and supplies. (3-17-22)

06. Rehabilitation Therapy Facilities. Each facility must include provisions for physical and occupational therapy for rehabilitation of long term care residents. Areas and equipment is necessary to meet the intent of the program. As a minimum, the following must be located on-site, convenient for use to the nursing unit: (3-17-22)

a. Space for files, records and administrative activities. (3-17-22)

b. Storage for supplies and equipment. (3-17-22)

c. Storage for clean and soiled linen. (3-17-22)

d. Handwashing facilities within the therapy unit. (3-17-22)

e. Space and equipment for carrying out each of the types of therapy that may be prescribed. (3-17-22)

f. Provisions for resident privacy. (3-17-22)

g. Janitor closets, in or near unit. (3-17-22)

h. If the program includes outpatient treatment, additional provisions include: (3-17-22)

i. Convenient access from exterior for use by the handicapped. (3-17-22)

ii. Lockers for secure storage of residents' clothing and personal effects. (3-17-22)

iii. Outpatient facilities for dressing and changing. (3-17-22)

iv. Showers for resident use. (3-17-22)

i. Waiting area with provision for wheelchair outpatients. (3-17-22)

07. Personal Care Unit. A separate room must be provided with equipment for hair care and grooming needs of the residents.(3-17-22)

08. Dietary Facilities. The following must be provided:(3-17-22)

a. Handwashing facilities in the food preparation area.(3-17-22)

b. Resident meal service space including facilities for tray assembly and distribution.(3-17-22)

c. Warewashing in a room or an alcove separate from food preparation and serving areas. This includes commercial type dishwashing equipment. Space is also provided for receiving, scraping, sorting, and stacking soiled tableware and for transferring clean tableware to the using area. Handwashing facilities are conveniently available.(3-17-22)

d. Potwashing facilities.(3-17-22)

e. Waste storage facilities that are easily accessible for direct pickup or disposal.(3-17-22)

f. Office or suitable work space for the dietitian or food service supervisor.(3-17-22)

Section 121 Page 21

g. Toilets for dietary staff with handwashing facility immediately available.(3-17-22)

h. Janitor's closet located within the dietary department. The closet contains a floor receptor or service sink and storage space for housekeeping equipment and supplies.(3-17-22)

09. Administration and Public Areas. The following must be provided:(3-17-22)

a. Entrance at grade level, sheltered from the weather and able to accommodate wheelchairs.(3-17-22)

b. Lobby space, including:(3-17-22)

i. Storage space for wheelchairs.(3-17-22)

ii. Reception and information counter or desk.(3-17-22)

iii. Waiting space(s).(3-17-22)

iv. Public toilet facilities.(3-17-22)

v. Public telephone(s).(3-17-22)

vi. Drinking fountain(s).(3-17-22)

c. General or individual office(s) assuring privacy for interviews, business transactions, medical and financial records, and administrative and professional staff.(3-17-22)

d. Multipurpose room for conferences, meetings, and health education purposes.(3-17-22)

e. Storage for office equipment and supplies.(3-17-22)

10. Linen Services. The following requirements apply: Laundry processing room with commercial type equipment with which a seven (7) days' need can be processed.(3-17-22)

11. Central Stores. General storage rooms must have a total area of not less than ten (10) square feet per bed and concentrated in one (1) area. (3-17-22)

12. Janitors' Closets. In addition to the janitors' closets called for in certain departments, sufficient janitor's closets must be provided throughout the facility to maintain a clean and sanitary environment. These contain a floor receptor or service sink and storage space for housekeeping equipment and supplies. (3-17-22)

13. Engineering Services and Equipment Areas. The following must be provided: (3-17-22)

b. Office or suitable desk space for the engineer. (3-17-22)

c. Maintenance shop(s). (3-17-22)

d. Storage room(s) for building maintenance supplies. (3-17-22)

e. Yard equipment storage consisting of a separate room or building for yard maintenance equipment and supplies if ground maintenance is provided by the facility. (3-17-22)

14. Details and Finishes. A high degree of safety for the residents must be provided to minimize the

Section 121 Page 22

incidence of accidents with special consideration for residents who will be ambulatory to assist them in self-care. Hazards such as sharp corners must be avoided. All details and finishes for modernization projects as well as for new construction must comply with the following requirements: (3-17-22)

a. Details: (3-17-22)

i. All rooms containing bathtubs, sitz baths, showers, and water closets subject to occupancy by residents are equipped with doors and hardware that will permit access from the outside of the rooms in an emergency. When such rooms have only one (1) opening or are small, the doors must open outwards or be designed to be opened without the need to push against a resident who may have collapsed within the room. (3-17-22)

iii. Doors, sidelights, borrowed lights, and windows in which the glazing extends down to within eighteen (18) inches of the floor (thereby creating a possibility for accidental breakage by pedestrian traffic) is glazed with safety glass, wire glass, or plastic glazing material that will resist breaking and will not create dangerous cutting edges when broken. Similar materials are used in wall openings of recreation rooms and exercise rooms unless required otherwise for safety. Safety glass or plastic glazing materials as noted above are used for shower doors and bath enclosures. (3-17-22)

vi.Thresholds and expansion joint covers are made flush with the floor surface to facilitate use of wheelchair and carts.(3-17-22)

vi.Grab bars are provided at all resident toilets, showers, tubs, and sitz baths. The bars have one and one-half (1-1/2) inches clearance to walls and sufficient strength and anchorage to sustain a concentrated load of two hundred fifty (250) pounds.(3-17-22)

vii.Recessed soap dishes are provided in showers and bathrooms.(3-17-22)

viii.Handrails are provided on both sides of corridors used by residents. A clear distance of one and one-half (1-1/2) inches is provided between the handrail and the wall. Ends are returned to the wall.(3-17-22)

ix.The arrangement of handwashing facilities provides sufficient clearance for blade-type operating handles and are installed to permit use by wheelchair residents.(3-17-22)

x.Lavatories and handwashing facilities are securely anchored to withstand an applied vertical load of not less than two hundred fifty (250) pounds on the front of the fixture.(3-17-22)

xi.Mirrors are arranged for convenient use by residents in wheelchairs as well as by residents in a standing position.(3-17-22)

xii.Paper towel dispensers and waste receptacles are provided at all handwashing fixtures.(3-17-22)

xiii.Ceiling heights are as follows:(3-17-22)

(1)Boiler rooms have ceiling clearances not less than two (2) feet, six (6) inches above the main boiler header and connecting piping.(3-17-22)

(2)Rooms containing ceiling-mounted equipment have height required to accommodate the equipment.(3-17-22)

(3)All other rooms have not less than eight (8) foot ceilings except that corridors, storage rooms, toilet rooms, and other minor rooms may not have less than seven (7) feet, eight (8) inches. Suspended tracks, rails, and

Section 121 Page 23

pipes located in the path of normal traffic are not less than six (6) feet, eight (8) inches above the floor.(3-17-22)

xiv.Recreation rooms, exercise rooms, and similar spaces where impact noises may be generated are not located directly over resident bed areas unless special provisions are made to minimize the noise.(3-17-22)

b.Finishes:(3-17-22)

i. Floor materials are easily cleaned and have wear resistance appropriate for the location involved. Floors in areas used for food preparation or food assembly are water resistant and grease proof. Joints in tile and similar materials in such areas are resistant to food acids. In all areas frequently subject to wet cleaning methods or spillage, floor materials are not physically affected by germicidal and cleaning solutions. Floors that are subject to traffic while wet (such as shower and bath areas, kitchens, and similar work areas) have an impervious nonslip surface. Vinyl asbestos tile is not acceptable for such areas.(3-17-22)

ii. Wall bases in kitchens, soiled workrooms, and other areas that are frequently subject to wet cleaning methods are made integral and coved with the floor, tightly sealed within the wall, and constructed without voids that can harbor insects.(3-17-22)

iii. Wall finishes are washable and in the immediate area of plumbing fixtures smooth and moisture resistant. Finish, trim, and wall and floor construction in dietary and food preparation areas are free from spaces that can harbor rodents and insects.(3-17-22)

iv. Floor and wall penetrations by pipes, ducts and conduits are tightly sealed to minimize entry of rodents and insects. Joints of structural elements are similarly sealed.(3-17-22)

v. Ceilings throughout the facility are easily cleanable. Ceilings in the dietary and food preparation areas have a finished ceiling covering all overhead piping and duct work. Finished ceilings may be omitted in mechanical and equipment spaces, shops, general storage areas and similar spaces, unless required for fire resistance purposes.(3-17-22)

15. Construction Features. The facility must be designed and constructed to sustain dead and live loads in accordance with local building codes. All construction must comply with applicable provisions of the codes and standards as listed in Section 121 and as follows:(3-17-22)

a. All buildings having resident use areas on more than one (1) floor have at least one (1) electrical or electrohydraulic elevator.(3-17-22)

b. All mechanical installations comply with applicable codes and the following:(3-17-22)

i. Prior to completion, all mechanical systems are tested, balanced, and operated to demonstrate to the owner or representative that the installation and operation conform to the plans and specifications.(3-17-22)

ii. Heating and cooling ventilating systems.(3-17-22)

(1) Normal comfort the design temperature for all occupied areas provides a minimum of sixty-eight degrees (68) and a maximum of eighty degrees (80) Fahrenheit.(3-17-22)

(2) All air supply and air exhaust systems are mechanically operated. All fans serving exhaust systems are located at the discharge end of the system.(3-17-22)

c.Outdoor air intakes are located as far as practical but not less than twenty-five (25) feet from exhaust outlets of ventilating systems, combustion equipment stacks, medical-surgical vacuum systems, plumbing vent stacks, or from areas that may collect vehicular exhaust and other noxious fumes. The bottom of outdoor air intakes serving central systems are located as high as practical but not less than six (6) feet above ground level or, if installed above the roof, three (3) feet above roof level.(3-17-22)

d.The bottom of ventilation opening is not be less than three (3) inches above the floor of any room.

Section 121 Page 24

(3-17-22)

e.All central ventilation or air-conditioning systems are equipped with filters having efficiencies no less than:(3-17-22)

i.Eighty percent (80%) for resident care, treatment, diagnostic, and related areas that may be reduced to thirty-five (35%) for all outdoor air systems.(3-17-22)

ii.Eighty percent (80%) for food preparation areas and laundries.(3-17-22)

iii.Twenty-five percent (25%) for all administrative, bulk storage, and sorted holding areas. (3-17-22)

f.Plumbing standards. All plumbing systems are designed to meet the following:(3-17-22)

i.Shower bases and tubs are provided with nonslip surfaces.(3-17-22)

ii.The water supply system are designed to supply water at sufficient pressure to operate all fixtures and equipment during maximum demand periods.(3-17-22)

iii.Vacuum breakers are installed on hose bibs, janitors? sinks, bedpan flushing attachments, and on all other fixtures to which hoses or tubing can be attached.(3-17-22)

iv.Water distribution systems are arranged to provide hot water at each hot water outlet at all times. Hot water at shower, bathing, and handwashing facilities do not exceed one hundred twenty degrees (120) Fahrenheit.(3-17-22)

v.Hot water heating equipment has sufficient capacity to supply water at the temperature and amounts as follows:(3-17-22)

(2)Dietary. Four (4) gallons per hour per bed at one hundred eighty degrees (180) Fahrenheit.(3-17-22)

(3)Laundry. Four and one-half (4 1/2) gallons per hour per bed at one hundred sixty-five degrees (165) Fahrenheit.(3-17-22)

g.Electrical standards. All electrical installations comply with applicable codes and the following:(3-17-22)

i.General. Prior to completion, all electrical installations and systems are tested to show that the equipment is installed and operating as planned or specified.(3-17-22)

iii.Panel boards serving lighting and appliance circuits are located on the same floor as the circuits they serve.(3-17-22)

iv.Lighting:(3-17-22)

(1)All spaces occupied by people, machinery and equipment within buildings, approaches to buildings and parking lots have lighting.(3-17-22)

(2)Residents have general lighting and night lighting. A reading light is provided for each resident. At least one (1) light fixture for night lighting is switched at the entrance to each resident room. All switches for control

Section 122 Page 25

of lighting in resident areas are of the quiet operating type.(3-17-22)

v.Receptacles (convenience outlets):(3-17-22)

(1)Resident rooms. Each resident room has duplex ground type receptacles as follows: One (1) on each side of the head of each bed; one (1) for television if used; and one (1) on another wall.(3-17-22)

(2)Corridors. Duplex receptacles for general use are installed approximately fifty (50) feet apart in all corridors and within twenty-five (25) feet of ends in corridors.(3-17-22)

vi.Equipment installation in special areas. The electrical circuits to fixed or portable equipment in hydrotherapy units are provided with five (5) milliampere ground fault interrupters.(3-17-22)